

Don't get a tan to die for



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**Don't get a tan to die for**

**By Kathy Joyce**

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**Best Tips To Safe Indoor Tanning**

**By Ashish Jain**

You need to follow certain guidelines, before you start with your self-service tanning procedure:

1. Before using the airbrushing application, remain free from the application of lotions and perfumes.
2. Shake the can thoroughly, before each application.
3. Even and thorough application is a must.
4. Allow for a deep and penetrating tan. Do not take bath for 6 to 8 hours after the tan.
5. If it is your first attempt, do it again on the second day for the tan to be effective.
6. Always wipe the bottoms of your feet after airbrushing.
7. Maintain a cool body temperature before spraying.

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<http://www.easy-tanning.com/tanningbeds/>

& Tanning Tips provides detailed information on tanning, tanning beds, tanning tips and more.

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